

## **Southern Peninsula Basketball Association** ***Junior Sharks Development Guide***



***“Building the teaching philosophy and culture throughout the  
SPBA Junior Representative Program”***

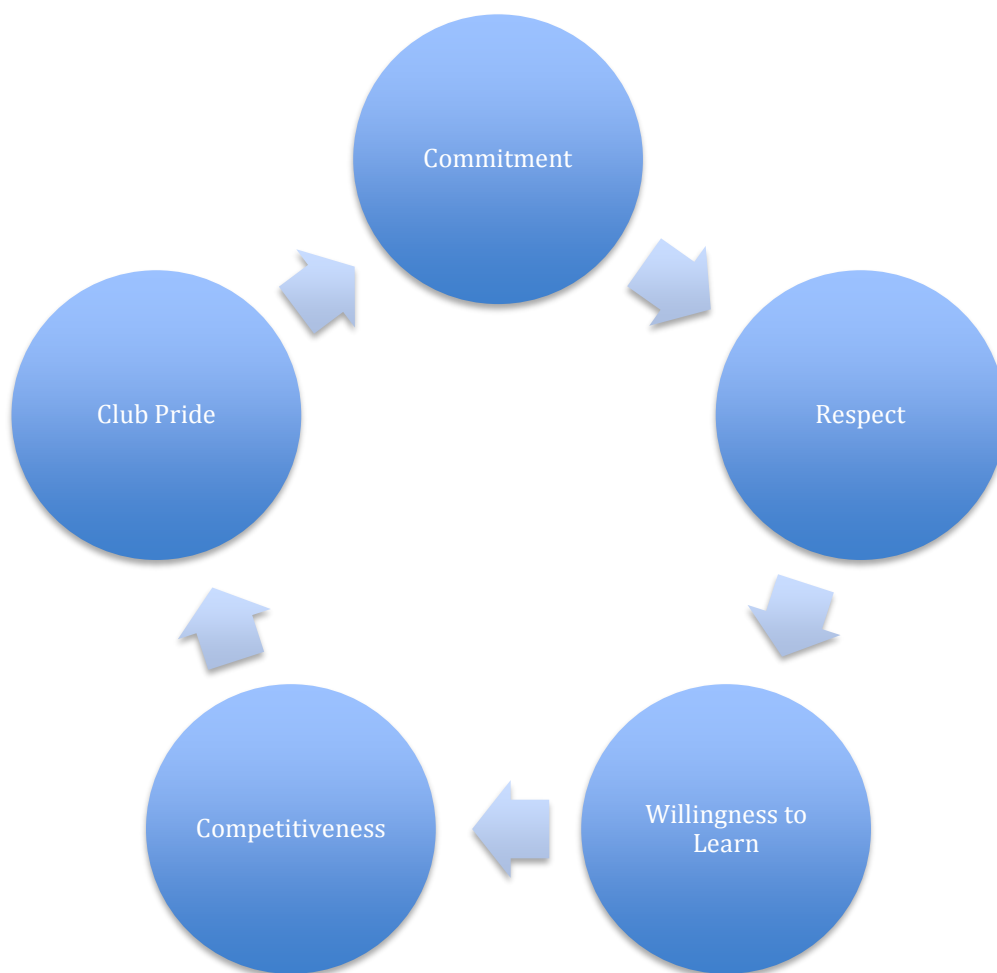


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Gerard Hillier – Director of Coaching – Southern Peninsula BA

## **Southern Peninsula Basketball Association** *Junior Representative Program*

### Core Values



## **Southern Peninsula Basketball Association** *Junior Representative Program*

### **The Sharks Culture**

*“Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work” – Vince Lombardi*

- Our culture is intrinsically linked to our **CORE VALUES**
- Holistic development of players & coaches within our program
- Experience based learning & growth as a key element in everything we do
- Long term development overrides short term success
- Knowledge and experiences will be openly shared throughout our program
- We will develop & progress as a program, moving forward together



*“Everything we do within the Southern Peninsula Junior Sharks Program has a long term development focus, it is a long term process, and short term gains and successes will not override the bigger picture” SPBA DOC&D Gerard Hillier*

## **Southern Peninsula Basketball Association** ***Junior Representative Program***

### **The Foundations of the Program**

- **Punctuality**
  - o Arrive 30mins prior to games & practice
    - Foam roller, pre-game prep
    - Mentally start to focus on the game/practice
    - Have your water bottles filled and ready to go
- **Two practice sessions per week;**
  - o One 120min program session (joint session with another team)
  - o One 90min team session
- **Professional presentation – all players & staff in appropriate uniform**
  - o Coaches to always be in SPBA Polo or Hoodie
  - o Players to always be in Practice or Playing uniform
  - o Players to wear SPBA Tees or Hoodies to and from games
- **Practice plans and overall planning by all coaching staff members**
  - o Practice plans to be written prior to the practice session commencing
  - o The need to best utilize our time with the players
  - o Constant flow of teaching points/areas, theme your sessions
- **Practice and scrimmage with other Sharks teams, grow together**
- **Share knowledge & resources with each other**

### **Player Development**

The 4 key elements of player development

1. **Skill Development**
  - a. Fundamental Skill Sets
  - b. The Six Point Development Package
2. **Concept Development**
  - a. The Fast break Game
  - b. DHO & Cutting Game
  - c. 2-man & 3-man Games
  - d. On-ball game & Post Touches (O&D)
  - e. Off-ball movement & Receiver spots
  - f. Transition D Roles & Responsibilities
  - g. Half Court 1v1 Containment & Pack D
3. **Compete (scrimmage/games)**
  - a. VJBL games
  - b. Tournament games
4. **Off-Court Development**
  - a. Prehab & Rehab
  - b. Fueling the body
  - c. Game/Practice reflection/evaluation



## **Southern Peninsula Basketball Association** ***Junior Representative Program***

### **Player Development**

**The six-point development package:**

- 1. Dribble**
  - a. Both Left & Right Hand
  - b. Change of Pace (two gears)
  - c. Retreat Dribble
  - d. Alternate Moves
  - e. Pound & Speed Dribble
- 2. Pass**
  - a. Chest, Bounce, Pass Fake, Push Pass
- 3. Pivot**
  - a. Forward & Reverse, moves utilizing the pivot
- 4. Shoot**
  - a. Set, Load, Release
- 5. Defend 1v1**
  - a. Close-out, Stance, Bounce, Contain, Contest, Hit Bodies (box out)
- 6. Decision Making & Reads (Basketball IQ)**
  - a. 1v1 play
  - b. 2v1 play
  - c. 2v2 play
  - d. 3v2 play
  - e. 3v3 play

### **Areas of Emphasis**

#### **Skill & Technical**

1. Footwork
2. Fundamental movement patterns
3. Finishing/Layups (contested finishing)
4. Shot Technique & Development
5. Defensive Stance & Movement
6. Transition Offense & Defense

#### **Cultural**

1. Practice Intensity
2. Commitment to Sharks
3. Punctuality, Uniform & Presentation
4. Prehab & Rehab
5. Feedback, Provide & Receive





## **Southern Peninsula Basketball Association** ***Junior Representative Program***

### **Junior Sharks Commitment Overview**

#### **Weekly Practice Schedule:**

The below is an overview of the new “*Sharks Weekly Practice Plan*”, which covers our U12, U14, U16, & U18 programs:

#### **Practice:**

1 x 120min Program session – **Conducted by Team Coaches**

1 x 90min Team session – **Conducted by Team Coach**

1x 120min BVC HP session (if selected) – **Conducted by BVC HP Staff**

1 x 120min Senior Sharks session (if selected) – **Conducted By Senior Coaches**

#### **Participation Games (rotating benches):**

1 x 60min Tournament Games (multiple games over a 2 day tournament)

1 x 60min VJBL Metro/Regional Games (weekly games, home & away schedule)

*Note: rotating benches means exactly that, rotate the bench and get all the players some meaningful minutes, it's a development over winning mentality.*

***Absence from weekly training sessions may alter this ruling, as will any possible disciplinary matters.***

#### **Competition Games (not rotating benches):**

1 x 90min VJBL VC Games (if ranked)

1 x 90min Big V Games (if selected)

BV/BVC/BA Tournaments (if selected) (Country Champs, National Classic etc.)

*Note: These events do not attract the “rotating bench” rule; this is purely based on whatever the team needs to win in that particular game.*

### **VJBL Junior Sharks Teams**

U12 Boys & Girls: 2 teams per gender (possible 3<sup>rd</sup> teams based on numbers)

U14 Boys & Girls: 2 teams per gender (possible 3<sup>rd</sup> teams based on numbers)

U16 Boys & Girls: 2 teams per gender (possible 3<sup>rd</sup> teams based on numbers)

U18 Boys: Dependent on numbers & commitment (minimum of 8 players)

U18 Girls: Dependent on numbers & commitment (minimum of 8 players)

***Note: All Sharks U12, U14, U16, & U18 players must register and be active members within the SPBA Domestic Competition, High Performance Athlete exemptions may be requested via the SPBA DOC&D, Gerard Hillier.***



## **Southern Peninsula Basketball Association** ***Junior Representative Program***

### **Junior Sharks Commitment Overview**

#### **Junior Sharks Tournaments:**

Please find below the list of tournaments for our Junior Sharks Program.

1. Geelong Tournament (November) – All Age Groups (**compulsory**)
2. Southern Pen Tournament (November) – All Age Groups (**compulsory**)
3. Eltham/Dandenong Tournament (January) – All Age Groups (**compulsory**)

#### **Victoria Country Championships:**

- U12's (April) – 1<sup>st</sup> teams only (**compulsory**)
- U14's (April) – 1<sup>st</sup> teams only (**compulsory**)
- U16's (February/March) – 1<sup>st</sup> teams only (**compulsory**)
- U18's (February/March) – 1<sup>st</sup> teams only (optional)

Nunawading Tournament (June) – All Age Groups (optional)

### **Junior Sharks Pathways**

**U10's** – Aussie Hoops, SPBA Domestic Competition

**U12's** – BVC Skills Day, BVC Jamboree (if selected)

**U14's** – BVC Skills Day, BVC Academy Program (if selected), Gold Nugget Camp (if selected), Southern Cross Challenge or Albury Cup (if selected)

**U16's** – BVC NITP/NPP Program (if selected), Southern Cross Challenge or Albury Cup (if selected), Senior Sharks Program (if selected), BVC State Program (if selected), Basketball Australia Development Camps/Squads (if Selected)

**U18's** – BVC NITP/NPP Program (if selected), Albury Cup (if selected), Senior Sharks Program (if selected), BVC State Program (if selected), Basketball Australia Development Camps/Squads (if Selected)

For any further information, please do not hesitate to contact the ***Southern Peninsula Basketball Association - Director of Coaching & Development, Gerard Hillier*** via [ghillier@sharksbasketball.com.au](mailto:ghillier@sharksbasketball.com.au)